# February is Heart Health Month

*Every year, 650 thousand people in the US die from heart disease and more than 25 million people are diagnosed with heart disease.*

## Visit your doctor to make a plan and take steps to protect your heart.

### YOUR DOCTOR CAN HELP BY...

- Checking your blood pressure and cholesterol numbers — and teaching you how to check your numbers at home
- Sharing advice for healthy eating and physical activity
- Supporting you in other heart-healthy changes, like quitting smoking
- Connecting you with specialists to treat heart problems and other conditions
- Prescribing medicines if you need them

*If you haven't been keeping up with regular doctor visits, you're not alone. Many people have postponed doctor visits during the COVID-19 pandemic. But now's the time to get back on track! Don't wait — schedule an appointment today.*

### If you don't have health insurance:

- *See if you can get affordable coverage through the HealthCare.gov marketplace*
- *If you're age 65 or older, learn about getting coverage through https://www.medicare.gov/*
- *Find a local health center where you can get free or low-cost health care*

### Resources for Heart Health
- CDC: https://www.cdc.gov/heartdisease/american_heart_month_patients.htm
- Million Hearts : https://millionhearts.hhs.gov/